



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09516, Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana

Report Date: June 30, 2017 05:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	86.60	4	0.072	86.49	86.8	3.0	86.375	86.835	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	52	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	219	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein <sup>1</sup>	g	0.44	4	0.000	0.44	0.44	--	--	--	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat) <sup>1</sup>	g	0.30	4	0.021	0.27	0.36	3.0	0.231	0.364	1	Analytical or derived from analytical	--	06/2015
Ash <sup>1</sup>	g	0.29	4	0.019	0.24	0.32	3.0	0.235	0.355	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	12.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary <sup>1</sup>	g	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Sugars, total <sup>1</sup>	g	10.33	2	--	10.27	10.4	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	2.44	2	--	2.23	2.65	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Glucose (dextrose) <a href="#">1</a>	g	3.32	2	--	3.17	3.46	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Fructose <a href="#">1</a>	g	4.58	2	--	4.45	4.71	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	11	3	0.809	10	13	2.0	7.986	14.947	1	Analytical or derived from analytical	--	06/2015
Iron, Fe <a href="#">1</a>	mg	0.32	3	0.020	0.3	0.36	2.0	0.236	0.407	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg <a href="#">1</a>	mg	13	3	0.088	12	13	2.0	12.154	12.913	1	Analytical or derived from analytical	--	06/2015
Phosphorus, P <a href="#">1</a>	mg	16	3	0.067	16	16	2.0	15.746	16.32	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	184	3	1.528	181	186	2.0	177.428	190.572	1	Analytical or derived from analytical	--	06/2015
Sodium, Na <a href="#">1</a>	mg	5	3	0.225	5	6	2.0	4.53	6.47	1	Analytical or derived from analytical	--	06/2015
Zinc, Zn <a href="#">1</a>	mg	0.07	3	0.001	0.07	0.07	2.0	0.062	0.074	1	Analytical or derived from analytical	--	06/2015
Copper, Cu <a href="#">1</a>	mg	0.038	3	0.000	0.04	0.04	2.0	0.036	0.04	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn <a href="#">1</a>	mg	0.194	3	0.008	0.18	0.21	2.0	0.161	0.227	1	Analytical or derived from analytical	--	06/2015
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	47.3	3	1.900	44.6	51	2.0	39.095	55.441	1	Analytical or derived from analytical	--	06/2015
Thiamin <a href="#">1</a>	mg	0.035	2	--	0.03	0.04	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Riboflavin <a href="#">1</a>	mg	0.053	3	0.003	0.05	0.06	2.0	0.039	0.067	1	Analytical or derived from analytical	--	06/2015
Niacin <a href="#">1</a>	mg	0.287	3	0.003	0.28	0.29	2.0	0.272	0.301	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	0.092	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin B-6 <a href="#">1</a>	mg	0.075	2	--	0.07	0.08	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folate, total <a href="#">1</a>	μg	24	3	0.517	23	24	2.0	21.307	25.76	1	Analytical or derived from analytical	--	06/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	μg	24	3	0.517	23	24	2.0	21.307	25.76	1	Analytical or derived from analytical	--	06/2015
Folate, DFE	μg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	5.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Carotene, beta	μg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Carotene, alpha	μg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cryptoxanthin, beta	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	20	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lutein + zeaxanthin	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E (alpha-tocopherol)	mg	0.16	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin K (phylloquinone)	µg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	0.129	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
6:0 <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
10:0 <sup>1</sup>	g	0.031	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
14:0 <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:0 <sup>1</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:0 <sup>1</sup>	g	0.056	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:0 <sup>1</sup>	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated <sup>1</sup>	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 c <sup>1</sup>	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 t <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.112	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated <sup>1</sup>	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c <sup>1</sup>	g	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 CLAs <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 t not further defined <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated <sup>1</sup>	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3i <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 n-6 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2015
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 06/2015
Fatty acids, total trans	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed		-- 06/2015
Fatty acids, total trans-monoenoic	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed		-- 06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 06/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero		-- 06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 06/2015

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19c, 2015 Beltsville MD